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3 soldiers killed in latest attack

KANDAHAR Three Canadian soldiers were killed in Afghanistan by a roadside bomb Tuesday evening, bringing the total number of Canadian soldiers who have died since 2002 as part of the mission to 111.

Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed when an explosive detonated near their armoured vehicle in Arghandab, which is in the region northwest of Kandahar City.

Two other Canadian soldiers were wounded in the attack. They are listed in good and fair condition.

METRO NEWS SERVICES
MORE COVERAGE, PAGE 4

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Food
Budget-friendly meals your whole family will love, and a local Meal for a Steal, pg 11

- Tomorrow
News – How are employment insurance offices dealing with an increased number of people applying for EI benefits?

- Coming Up
Comment – Anne Hines offers some odd money saving tips.



Air time

Ski championships



AGENCE ZOOM/GETTY IMAGES

Warren Shouldice of Canada takes third place during the FIS Freestyle World Championships men's aerials event in Inawashiro, Japan, yesterday. Shouldice was one of two Canadians who medalled in the event, with Steve Omischl taking second place.

Cellphone crackdown

Motorist tickets mount

PAUL MCLEOD
paul.mcleod@metronews.ca



If you find yourself stuck with a \$164 ticket for talking on a cellphone while driving, don't bother with the itchy ear defence.

One man tried to get out of his ticket by telling a judge that he wasn't actually talking on his cellphone, he was just scratching his ear. With his phone.

Shockingly, the judge didn't buy it.

That's one of the most memorable stories Halifax Regional Police Const. Jeff Carr has heard, but that guy is far from alone. About a year after the cellphone ban came into place, police are giving out twice as many tickets as they were last year.

"Personally, I've noticed I never see people talking on their phone when I'm driving anymore," said Carr.

"But clearly there are some people out there who still do talk on them because we've written close to 1,500 tickets in 11 months."

The ban came into effect last April 1. At first, officers were more likely to give out warnings if drivers didn't know the law. Still, they were giving out an average of two and a half tickets per day.

That number has been rising ever since. Last month, police were catching about five cellphone drivers each day, double what it was just a few months ago. As of this week, the total number of tickets given out is 1,465.

Carr said the law has been well publicized and everyone should know about it.

Police no longer expect excuses when they catch someone.

Still, Carr was a bit surprised to see such a high number of tickets, considering measures like checkpoints don't work for catching cellphone drivers.

"There's nothing overly scientific about it," he said. "If we pass someone on the highway or see someone who's clearly yakking away on a cellphone they're going to get a ticket."

Consumer confidence key to recovery: Economist

JENNIFER TAPLIN
jennifer.taplin@metronews.ca



ECONOMY Bolstering consumer confidence is a must these days, said Ian Russell, president and CEO, Investment Industry Association of Canada.

He told the Halifax

Chamber of Commerce yesterday that consumer confidence is essential for exporting.

"The downturn in consumer confidence has reduced our exports to the United States, especially commodities. Obviously, that's important here, as Nova Scotia sends 78 per

cent of its internationally marketed goods to the U.S."

The downward economic collapse has been dramatic, but Russell said the recovery is going to be a much longer process.

"The stock market declines have prompted anxiety, at times a borderline

sense of panic. But it is not the 1930s," he said.

"The economic fundamentals are sound, and our financial institutions are in good shape. Unlike the '30s, Canadians still have confidence in our financial institutions."

The stimulus package offered by the federal gov-

ernment has promise, but Russell said consumer-friendly tax cuts were missed.

"A reduction in capital gains tax would encourage risk taking by investors, whose appetite for risk has been devastated by the collapse in financial markets," he said.



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Local



Don't forget time change

With clocks going ahead an hour this weekend to mark the beginning of Daylight Saving Time — meaning one less hour of shut-eye — Halifax Regional and Fire Emergency is reminding people to change the batteries in their smoke alarms. Most people turn their clocks ahead an hour before going to bed Saturday. **METRO HALIFAX**

South End corridor deemed too pricey

Project shelved after report reveals costs would likely skyrocket to \$220M

PAUL MCLEOD
paul.mcleod@metronews.ca



Halifax won't see a new railway and truck corridor through the South End after all. The province has decided it's too expensive.

The project was once a high priority for the Conservatives as part of the Atlantic Gateway initiative. But a new report estimates the project would cost \$220 million. That's almost three times the original projection of \$80 million.

The corridor would have added truck lanes to an existing rail cut to increase traffic to and from the port.

"I am disappointed. When the cost was factored in obviously it wasn't doable," said Minister of Transportation and Infra-

structure Renewal Brooke Taylor.

"The cost clearly outweighed the benefit."

Taylor said the corridor would have rerouted truck traffic and decreased congestion on city streets.

"Having said that we certainly are mindful that neither port is at or near full capacity. So there's certainly still opportunities to grow and we have to work on attracting new markets to the ports."

Communities and Residents for Sustainable Transportation (CREST) is warmly receiving the cancellation.

"Not only did the feasibility study show that this project would cost considerably more than the original estimate, but there were also major environmental, infrastructure and quality of life

issues associated with paving the rail corridor," said CREST president chair Ray Wagner in a press release.

"We believe the province made the right decision about this proposal."

Northwest Arm-South End Coun. Sue Uteck lives right beside the corridor route.

She said she understood the project was too expensive, but was worried this might mean the federal money committed to it would be gone for good.

Uteck said Halifax lost millions in federal funding when it decided not to pursue the Commonwealth Games and she doesn't want that to happen again. She wants the corridor money committed to other Atlantic Gateway projects.



A train passes under a bridge on Young Avenue yesterday. The proposed transportation corridor will not go ahead after a report estimated the project would cost \$220 million.

Shelter finds new home

HOLLY GORDON
for Metro Halifax



After a month-long setback a homeless shelter opened this week in Fort Massey United Church on Tobin Street in Halifax.

Carol Charlebois, executive director of Metro Non-Profit Housing Association, says it was a quiet evening when it opened Tuesday night, but she knows the demand is there.

"It's for people who, for a variety of reasons, are not able to access the other shelters," she said.

Charlebois and other members of Out of the Cold Shelter Organizing Committee — the committee that put this shelter together with MNPHA — know people sleeping on the streets for reasons of addictions, mental health problems or because they have pets that aren't welcome at existing shelters.

But it wasn't easy. The committee started meeting in November, and was set to open the 15-bed shelter last month at First Congregational Church on Seldon Street, with 74 volunteers willing to work. They were stopped when the city called and said it



A pedestrian walks past the Fort Massey United Church yesterday. A new homeless shelter opened up at the church earlier this week.

"It's for people who, for a variety of reasons, are not able to access the other shelters."

Carol Charlebois, executive director, Metro Non-Profit Housing Association

was a residential zone and shelters weren't allowed.

Northwest Arm-South End Coun. Sue Uteck said she wasn't against the shelter — Seldon Street simply wasn't an appropriate area and the committee went about the process "all wrong."

"It's always best to work

with the area councillor because he or she is the one that's going to field the calls from neighbours," Uteck said, adding that she found out about the shelter from a neighbour.

The shelter is open from 9 p.m. to 7 a.m., and will close at the end of April.

Women love security of home owning, but not maintenance

POLL Women love the financial security of owning their own houses.

A national poll of 1,000 women conducted by TD Canada Trust shows financial security was the biggest benefit of home ownership, followed by having a garden and a private space of their own.

When it comes to buying a house, the poll found 98 per cent of women said cost was the biggest factor. The neighbourhood was a close second at 97 per cent and security a close third

at 96 per cent.

More women in Atlantic Canada than any other region preferred a house over a condo, duplex or townhouse.

And 70 per cent of the women polled in this region listed the commute to work as an important factor in their decision to buy a house.

But what sucks most about owning a house? Women said maintenance, repairs and yard work were the big downsides.

METRO HALIFAX

Coasters think now's the time to jump into buyer's market: Poll

HOUSING Homebuying intentions in Atlantic Canada have increased over last year surpassing 2007 levels, according to the 16th Annual RBC Homeownership Survey.

The survey found that 25 per cent of Atlantic Canadians were likely to purchase a new home within the next two years, up from 20 per cent in 2008 and 24 per cent in 2007.

The survey, conducted by Ipsos Reid, found that a majority (58 per cent) believe it is a buyer's mar-

ket right now.

Given current housing prices and economic conditions, most Atlantic Canadians (56 per cent) believe it makes more sense to buy now.

METRO NEWS SERVICES

News in brief

ARREST Another man was arrested for a string of robberies on Monday night. The Needs store on Hammonds Plains Road, the Holiday Inn Express on Kearney Lake Road, and Subway in Bedford were robbed within a half hour. On Tuesday, police arrested a 20-year-old man at a Beaverbank residence on robbery charges.

CHARGES A 58-year-old man was arrested for allegedly making child pornography and sexually assaulting a girl. RCMP arrested the Gold River man Tuesday. He allegedly sexually assaulted a girl under 12 and photographed it. He's set to appear in a Bridgewater court March 25.

METRO HALIFAX

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WHAT'S ONLINE TODAY

Video 22 Minutes comedian Geri Hall crashes and burns in attempt to mock Ontario Premier Dalton McGuinty at metronews.ca/canada
Video Mother demands names of "faceless bureaucrats" she blames for her daughter's in-custody death at metronews.ca/canada

Lotteries

Lotto 6/49: 7, 15, 23, 25, 27 & 40 Bonus 43
These results are not official.

Silver Donald Cameron to speak at Saint Mary's tomorrow

Popular Nova Scotia author Silver Donald Cameron will be speaking at Saint Mary's University tomorrow to discuss the state of provincial beaches and read from his book on the subject. The free event is being held in the Scotiabank Conference Theatre at 7:30 p.m. **METRO HALIFAX**

Keeping the streets safe

Creating partnerships is at top of list for public safety officer Don Spicer

KIM HART MACNEILL
for Metro Halifax

Halifax's new public safety officer said it's too soon to be specific about his plans to make city streets safer, but creating partnerships is high on his list.

"This is Day 1 in my office," said Supt. Don Spicer, who was appointed to the position yesterday. "I haven't even gotten to open the door yet."

As public safety officer, Spicer will be responsible for implementing the 64 recommendations from the Mayor's Roundtable Report on violence released last month. The report's themes include diversity, community engagement and provincial partnerships.

He will also lead the public safety office staff of 32 police officers, 14 civilians and volunteers.

"Public safety is everyone's responsibility," he said. "There must be collaboration and meaningful relationships with all



Supt. Don Spicer smiles yesterday as he is introduced as HRM's new public safety officer at city hall in Halifax. Spicer joined the police force in 1978 and has held many positions since then.

levels of government and community partners to achieve the common goal of public safety."

The \$3.2-million price

tag for the public safety office will come from existing resources and will involve no new money.

Justice Minister Cecil

Clarke and Mayor Peter Kelly announced the appointment at city hall.

"I want to say how pleased we are that the

"Public safety is everyone's responsibility."

Don Spicer, public safety officer

province is stepping up to take crime seriously," Kelly said about the federally funded position.

Clarke couldn't say how long the public safety officer position would be funded, other than to indicate that it was in the last budget and will be in the 2009 budget.

The province invested \$7 million over the last two years to hire 50 additional police officers for Halifax, one of which is the public safety officer. Clarke said that amount should increase over the next year.

Spicer's face will be familiar to many in Halifax. He joined the police force in 1978 and has filled many roles from beat cop to media relations officer. He was divisional commander of Peninsular Halifax from 2005-07.

Event to focus on fun side of hospitality industry

KIM HART MACNEILL
for Metro Halifax

Looking for a job can seem like a daunting task, but not at the second annual Hospitality Awareness Day and Job Fair at the World Trade and Convention Centre Saturday.

The Hospitality Human Resources Committee and the Hospitality Association of Nova Scotia created the fair last year in hopes of keeping Nova Scotia workers in the province.

"We're starting to really showcase what some of the positions are like, what sorts of skills sets are required and how people make a career out of this," said the Prince George Hotel's Carol Logan.

The event gets underway at 11 a.m. and focuses on the fun side of hospitality through bed making competitions, culinary demonstrations by hotel chefs and door prizes.

Representatives and staff from 15 properties will be on hand to educate people about the industry.

Spirits high on new liquor sales report

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Booze sales are still going strong.

The Nova Scotia Liquor Corporation announced another profitable quarter yesterday.

From Sept. 29 to Dec. 28, 2008, it made 6.85 per cent more than the previous year. Net sales for that period were more than \$147 million, making the corporation \$57.2 million in income.

"Based on our performance this quarter and considering the current market conditions, we are forecasting that we will modestly exceed our financial targets this fiscal year," said Bret Mitchell, NSLC president and CEO.

Typically, December is the busiest time for NSLC, representing 12 per cent of its annual sales. Last December, sales increased 4.8



NSLC employee Brent Young stocks some cans of beer yesterday at the Quinpool Road location. The NSLC had a 6.85 per cent increase in net income compared with the same period last year in third-quarter results released yesterday.

per cent over last year.

Mitchell said the biggest sales growth was in beer and wine.

The last time the NSLC announced its sales figures — in November — sales were up nearly seven per

cent, too. The NSLC reported a net income of \$62.8 million and gross sales of \$160.6 million.

NAVIGABLE WATERS PROTECTION ACT R.S.C. 1985, CHAPTER N-22

Erla M. Laurie hereby gives notice that an application has been made to the Minister of Transport, Infrastructure and Communities pursuant to the *Navigable Waters Protection Act* for approval of the work described herein and its site and plans.

Pursuant to section 9 of the said Act, Erla M. Laurie has deposited with the Minister of Transport, Infrastructure and Communities, and in Lunenburg County at Bridgewater, Nova Scotia under deposit number #92687483 a description of the following work, its site and plans: extension to existing dock for protection from wind in, on, over, under, through or across Mahone Bay, Half Moon Cove, at Chester, Nova Scotia in from of lot number 211 Walker Road, Water Lot WL-4.

Comments regarding the effect of this work on marine navigation may be directed to: The Manager, Navigable Waters Protection Program, Transport Canada, P.O. Box 1013, Dartmouth, NS B2Y 4K2. However, comments will be considered only if they are in writing and are received not later than 30 days after the date of this notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Signed at Halifax this 2nd day of March, 2009.

News in brief

CAPE BRETON The cash-strapped Cape Breton Regional Municipality has flatly rejected the request of the YMCA of Cape Breton to forgive \$70,000 in parking meter fees incurred since construction began on its multimillion-dollar

expansion project last summer. The cramped working space in downtown Sydney between the YMCA's construction site at the corner of Bentinck and Wentworth streets and the street itself meant that 15

metered parking spots at curbside would be needed for construction trailers, as well as creating a safety zone to divert motorists and pedestrians away from the construction area. At \$10 per meter per day, it has

added up to a big bill. And the pressure to have the debt forgiven had taken on greater significance since YMCA CEO Andre Gallant said the project's costs have risen by \$2.3 million since last July.

CAPE BRETON POST

Canada/World



Left to right, Canadian soldiers Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed near Kandahar City, Afghanistan, Tuesday.

Deaths of 3 soldiers may signal start of spring fighting: Official

A roadside bomb that killed three Canadian soldiers in a relatively restive district of Kandahar province may herald the start of spring fighting season in Afghanistan, said military and Afghan officials.

Word of a new Taliban offensive came ahead of a grim report showing that Canada has made modest development progress in the face of a worsening security situation.

While the number of Canadian-funded jobs and schools and trained Afghan forces has grown, violence, including roadside bombings, assassinations and intimidation, increased in severity and frequency, undermining the confidence of locals in

Poll results on Afghanistan campaign

- Almost half of all Canadians want troops in Afghanistan brought home before the scheduled 2011 withdrawal date, a new poll shows.
- The survey, conducted by Angus Reid and Torstar News Service before yesterday's attack that killed three Canadian soldiers, reveals 48 per cent of respondents want the bulk of troops withdrawn before the 2011 deadline; 35 per cent

would continue under the current schedule and only seven per cent believe the soldiers should stay longer.

• The push to bring Canadian troops home sooner runs highest in Quebec (54 per cent) and Atlantic Canada (55 per cent). In Ontario, 46 per cent of the population want the troops brought home earlier, dipping to 39 per cent in Alberta.

their safety and futures, the report found.

"The areas that we've pointed to we've seen progress, and we've also seen a rise in insurgency," said International Trade Minister Stockwell Day, chair of a cabinet commit-

tee on Afghanistan. "The two can happen at the same time."

It was coincidence that the report landed on the same day as news the Canadian death toll in Afghanistan had risen to 111. **TORSTAR NEWS SERVICE**

Warrant for Bashir

Sudan's leader indicted by ICC for war crimes

The International Criminal Court (ICC) issued an arrest warrant for Sudanese President Omar Hassan al-Bashir yesterday for war crimes in Darfur, a decision that could spark more regional turmoil.

The warrant is the first issued against a sitting head of state by the Hague-based court, which stopped short of including a count of genocide over a conflict that United Nations officials say has killed as many as 300,000 people since 2003.

The court, which was set up in 2002, indicted Bashir on seven counts of war crimes and crimes against humanity, which include murder, rape and torture. The three-judge panel said it had insufficient grounds for genocide.

"His victims are the very civilians that he as a president was supposed to protect," ICC chief prosecutor Luis Moreno-Ocampo told reporters, adding that Sudan is obliged to execute the warrant. "It could be in two months or two years, but he will face justice."

Hundreds of demonstrators gathered in central Khartoum to protest against the arrest warrant.



People demonstrate near the UN headquarters in New York, denouncing Sudanese President Omar Hassan al-Bashir after the International Criminal Court issued a warrant for his arrest.

Bashir has dismissed the allegations made by the ICC as part of a Western conspiracy.

Hours after the warrant was issued, Sudan revoked the licences of at least six

foreign aid agencies, giving no reason for the decision, aid officials said. "This will have a major impact on humanitarian work in Darfur," said one aid official. **REUTERS**

U.S. could lead the way out of crisis, Brown says

EUROPE The United States can seize the moment and lead the world out of recession, but other countries must play their part, British Prime Minister Gordon Brown told U.S. Congress yesterday.

In his speech, Brown urged the U.S. to resist protectionism, fight climate change and take advantage of the huge goodwill toward it after the election of President Barack Obama.

"You now have the most pro-American European

leadership in living memory. A leadership that wants to co-operate more closely together, in order to co-operate more closely with you. There is no old Europe, no new Europe, there is only your friend Europe."

The prime minister said that while America could take a lead, it and a few other countries could not shoulder all the burden of restoring growth to the world economy, which is facing its worst crisis in decades. **REUTERS**

Clinton criticizes teardown of East Jerusalem homes

WEST BANK U.S. Secretary of State Hillary Clinton criticized Israel yesterday over plans to demolish Palestinian homes in Arab East Jerusalem and said the U.S. would engage Israeli leaders on Jewish settlements.

Calling the planned destruction of more than 80 dwellings "unhelpful", Clinton said after talks with Palestinian leaders: "It is an issue that we intend to raise with the government of Israel and the government at the municipal level in Jerusalem."

Israel says the homes slated for demolition were built without permits.

Palestinians say authorization from Israel's Jerusalem municipality is nearly impossible to obtain, and accuse Israel of trying to drive them out of the area to make room for Jewish families. **REUTERS**

News in brief

STATEMENT The "faceless bureaucrats" at Correctional Service of Canada must be fingered publicly for their role in the suicide of 19-year-old Ashley Smith, the young woman's family and lawyer urged yesterday. A damning report on Ashley Smith's death, released Tuesday, stated the federal penal system failed her from beginning to end, but assigned no blame.

MURDER The fate of a man accused of beheading a passenger on a Greyhound bus lies in the hands of a Winnipeg judge, who will decide today if the accused was mentally ill at the time of the gruesome crime. Final arguments were heard in the trial of Vince Li yesterday, only two days after the trial began. Both Crown and defence attorneys called psychiatrists to the stand. **METRO NEWS SERVICES**

Feds ordered to help Canadian on death row

COURTS A Canadian court ordered the federal government yesterday to help seek clemency for a Canadian citizen facing a death sentence in the United States for murdering two people.

Ronald Smith, who has admitted to the 1982 murders, won his case before the Federal Court of Canada to have the Canadian government plead for clemency on his behalf.

Smith was set to be executed in Montana and had argued that Canada's Conservative government was violating his human rights by refusing to intervene.

In 2007, the minority Conservative govern-

Intervention

- Canada, which does not have a death penalty, has traditionally intervened on behalf of Canadians facing execution in other countries.

ment, elected on a platform of law and order, said it would no longer seek clemency for death row inmates sentenced by what it called democratic jurisdictions.

Federal Court Judge R.L. Barnes ruled yesterday that Ottawa must "take all reasonable steps to support the applicant's case for clemency." **REUTERS**

News in brief

FRANCE President Nicolas Sarkozy will try to secure the repatriation of a French woman given 60 years in jail in Mexico when he visits the country next week. Florence Cassez, 34, was found guilty of kidnapping, arms possession

and other crimes last year.

NETHERLANDS A faulty altimeter shut down the engine of a Turkish Airlines flight before it crashed last week near Amsterdam airport, killing nine people, Dutch authorities said. **REUTERS**

Loblaw to convert part-time jobs to full-time

Loblaw Co., Canada's largest supermarket chain, says it plans to convert more part-time jobs to full-time, a move that will boost productivity and help the economy. **REUTERS**

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Grocers see shift to frugality

Change in shoppers' buying habits long-term: Executives

Canadians are shifting away from premium products when they visit the supermarket as the recession bites deeper and consumer confidence weakens, grocery chain executives said yesterday.

Executives at Loblaw Companies, the country's No. 1 supermarket chain, and Empire Co. Ltd., owner of Sobeys, the No. 2 chain, said the change in buying habits has been quick and

Canadian Tire offering food

• Canadian Tire is pushing in to food retailing, joining Shoppers Drug Mart and Wal-Mart by experimenting with two

stores. It so far has been surprised by the positive results.

TORSTAR NEWS SERVICE

profound and is not likely to be short-lived.

"This is not going to be a temporary thing that happens for two or three months," Allan Leighton, president and deputy

chairman at Loblaw, told a retail conference in Toronto.

Leighton said shoppers have "all of a sudden become very value conscious."

Also at the conference, Bill McEwan, chief executive of Sobeys, said his stores are seeing premium dinners and ice creams decline at rates "we had never anticipated" two or three years ago.

He added that the new frugality can be seen at the deli counter, where shoppers are opting for lower-end ham and blocks of cheddar over high-end pastries and cheeses. **REUTERS**

The DAILY BUSINESS BUZZ

DHX appointments:

Steven DeNure, president of DECODE Entertainment, has been appointed to the new position of president and COO of DHX Media Ltd. Charles Bishop, currently president of Halifax Film, will become president of production and development for DHX.

Award finalists named:

The Bragg Group of Companies, Floors Plus and Miller Tire are the finalists for the 2008 Family Enterprise of the Year award. The winner will be named next week.

SHRDA earns high marks:

The Strait-Highlands Regional Development Agency has learned that it was awarded the designation of "exceeded expectations" by provincial departments and federal agencies in a performance review — one of the highest rankings for an RDA in Nova Scotia.

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DAILY BUSINESS BUZZ
nsbj.ca

Broadcasters balk at U.S. clampdown

TELEVISION Canadian broadcasters are criticizing a proposal by the country's TV regulator to curb their U.S. programming expenditures in a bid to promote homegrown production.

The CRTC said Tuesday it will consider imposing a "one-to-one ratio requirement" between Canadian and foreign programming expenditures on domestic broadcasters during licence hearings scheduled to begin April 27.

CTVglobemedia, which

"(U.S. programming) is critical to support the Canadian segments of our schedule."

CTVglobemedia

runs prime-time ratings leader CTV, said it "would not be able to comply" with such an order.

"While the returns on U.S. programming are diminishing ... it is still by far

the most profitable programming category and is critical to support the Canadian segments of our schedule, which are by and large not profitable," CTVglobemedia said in a written submission to the CRTC.

Rogers Broadcasting, which runs a string of Citytv stations, said that imposing a cap on U.S. expenditures "would seriously impact the already fragile financial situation of the Citytv stations." **REUTERS**

In brief

TELECOM Nortel Networks Corp. has dismissed a newspaper report that said the company was hoping to emerge from bankruptcy protection by the middle of the year.

DECEPTION Scam artists with sophisticated websites are offering to help U.S. consumers cash in on the new \$787-billion US economic stimulus package, the Federal Trade Commission said yesterday.

STOCKS European shares rose yesterday as signs of economic recovery in China fuelled a rally in mining, construction and energy stocks. **REUTERS**



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Laurentian Bank of Canada reported a 31 per cent jump in its quarterly profit yesterday, but its shares fell as it missed estimates and cited concerns about credit quality. **REUTERS**

WestJet cuts revenue outlook

AVIATION WestJet Airlines Ltd. expects its revenue per seat sold to fall by 10 to 12 per cent in the first quarter as it wrestles with the sputtering economy and brisk competition on fares, Canada's second-largest airline said yesterday.

Its shares sank 71 cents, or six per cent, to \$11.24 on the Toronto Stock Exchange as analysts cut

their earnings forecasts.

WestJet warned of the weaker outlook as it and its chief rival, Air Canada, reported solid February traffic data.

WestJet said the drop in fuel costs as oil prices have retreated is only partly offsetting the weakness in revenue per available seat mile.

REUTERS

Home-buying intent rises

A growing number of Canadians say they plan to buy a home over the next two years, and see a slide in the real estate market creating more favourable prices, according to a survey by the Royal Bank of Canada.

RBC's annual home ownership survey found 27 per

Sales predicted to drop

• While there appears to be optimism in the RBC survey, the Canadian Real Estate As-

sociation expects 2009 sales to drop nearly 17 per cent to 360,900 units.

cent of Canadians polled intend to purchase a house over the next two years, up from 23 per cent a year

earlier.

The online poll of 2,026 Canadians conducted by Ipsos Reid also found 65

per cent of those surveyed believe it is a buyer's market right now.

Of those intending to buy, three in 10 saw favourable housing prices as a driving factor. Fifty-four per cent of Canadians expect housing prices will fall in 2009, up from 31 per cent a year ago. **REUTERS**

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— Fred A. Allen

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Comment & Views

Comment

The science of splitting

Relating

Steve Collins

metronews.ca/collins

Anyone who knows me is probably just as baffled as I am to see me writing about what the experts call “man-woman stuff.” Relationships baffle me. My good ones have felt a lot like luck, and nothing I write on the subject should be construed as advice, or even a clue.

In January, numerous media outlets advised us of “D-Day” (Jan. 8 or thereabouts), which, according to divorce lawyers, is the single biggest annual day for divorce filings. This month, then, another pile of people, maybe even people reading this, are adjust-

ing to fresh ex-hood.

And again, I’ve got nothing. I’ve never been divorced, a happy circumstance I attribute almost entirely to never having married. This is of little use to most people facing a split now. (My friends also seldom thank me for asking them to imagine, just for a moment, what kind of an ex-wife their fiancée would make.)

Happily, a couple of better sources than me present themselves. This month, a new book from a guy named Harvey Brownstone attempts to explain our family court system to separating and divorcing couples — and help them stay out of it as much as possible.

And who is this Brown-

stone to judge? As it happens, a sitting judge of the Ontario Court of Justice, who has presided over 14 years of family court cases.

In Tug of War: A Judge’s Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court, Brownstone gives an insider’s view of the legal machinery and warns of an overloaded court system where protracted, hurt-fuelled litigation often does more harm than good to everyone involved.

One of many helpful hints from the bench: Never, ever represent yourself.

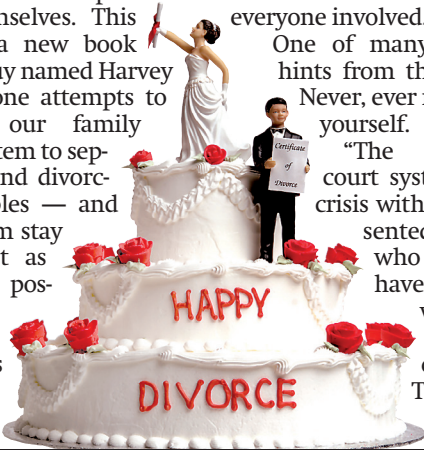
“The family court system is in crisis with unrepresented people who don’t have a clue what they are doing. They don’t

understand that this is not Judge Judy,” Brownstone told the Toronto Star.

Also new on the Canadian split-up scene is ChangingLanes.ca. The website is the creation of communications consultant Michelle Halsey, who encountered a paucity of reliable information and advice during her own separation, and wanted to help others with advice on finances, parenting, and personal stories of divorce and separation.

Discussion forums are categorized by different stages of breakup, from contemplating separation to the blended family. It’s early days yet for the site, but already most participants in the forums seem to be women. Where are the separated and divorced men? Probably still trying to figure out what the hell happened. I know I would be.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



Views

Slow-food movement just tastes better



Mark Trealout

Slow-food farmer

Slow food is an easy concept. It can be described in three words: Good, clean, and fair.

The food must taste good (otherwise the slow movement would be cut abruptly short), be produced in a clean manner (think organic vs. chemical input, food miles, water quality), and the price must be fair to both producer and consumer (ideally with few hands in between grower and eater).

But for far too many, slow food is a difficult concept. This is because the average urbanite has no idea how to raise a pig, harvest wheat, or store the

summer’s bounty for winter use. Heck, the average urbanite doesn’t even know someone who knows how to do these things anymore.

In just six decades, western culture has moved far away from our food sources. In doing so we have given control of our food to large corporations, whose mandate is not to feed people, but to maximize profits. This has led to non-labelled experiments with the foods we find on the shelves of our markets, rampant use of genetically modified foods and intensively raised livestock with dependency on “medicated feed.”

Tragically, this corporate approach to food has also displaced tens of thousands of farmers in developing countries from the

What can you do?

More info at slowfood.ca

- Develop relationships with people you trust to produce the food for you and your family. Join a community-shared agriculture program in your area — just Google it.
- Become involved in your local farmers’ market to ensure this market is meeting the needs of your local community.
- Ask questions about the origins of everything you eat, and don’t be satisfied until you get definite answers.
- Frequent those restaurants that ask these questions, too — many fine-dining establishments will openly boast their local, fresh produce.
- Think global, purchase local.

land that has been in their families for generations.

The need to rethink, revitalize and reinvent our food systems has never been more urgent than it is right now.

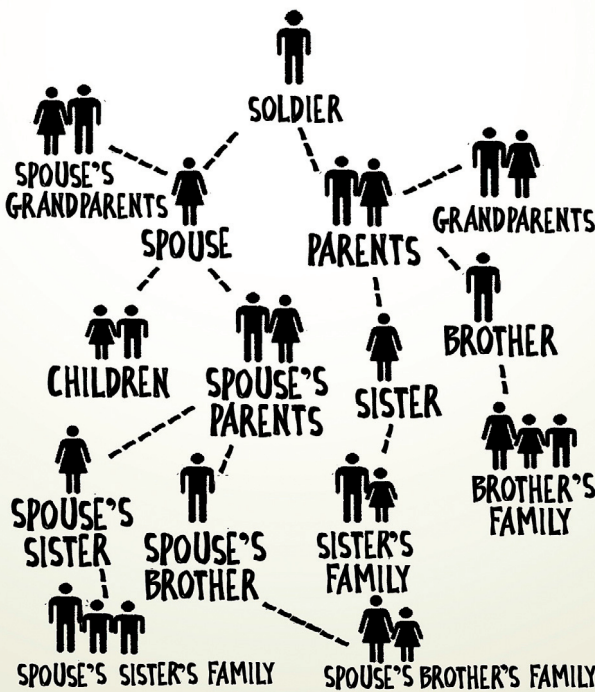
Slow food is about regaining control of our food systems by once again growing (or purchasing) good, clean, fair foods. Foods grown with the in-

tention of feeding people, not making profits.

Slow Food International now has more than 85,000 active members and supporters in more than 130 countries. Eat slow. It tastes better.

Mark Trealout manages a small farm in Ontario and organizes a group of growers whose produce regularly supplies fine dining establishments in Toronto.

CASUALTIES OF WAR:



Letters

Manners matter, even on the sidewalk

Re: Anne Hines (Manners matter, even in a recession, March 2)

This was a great article on manners.

What we need is a series of articles reminding people how to walk politely when the sidewalks and other pedestrian areas are crowded.

When I grew up, the school systems and our parents taught us how to walk politely and respectfully.

I know most basics, but very few others do, including the politicians and mobility “experts” in our public services.

NICK BIRD, RICHMOND HILL, ONT.

Students should get home on their own dime

Re: A cheap, late ride? (March 3)

Simply, I believe that if these students can spend money getting happy (which in itself is not a

cheap endeavour), then I think they should save the money necessary to get a cab home.

I am sure two buddies that each put \$10 towards a cab can get themselves home safely.

I for one do not want to spend my tax dollars for this cause.

KATHLEEN O'REILLY, DARTMOUTH

Freedom of speech a privilege not to be abused

Re: Do we believe in freedom of speech? (Feb. 25)

I, too, believe in freedom of speech, but not in Mr. Sullivan’s definition — i.e. “If you think it, you can say it.”

Freedom of speech is not only a right, but a privilege.

If said speech is used in a way that hurts someone or makes a significant impact on societal thinking and promotes untruths, abuse and hatred, then it’s an abuse of the privilege to freedom of speech.

JACK KREPEL, THORNHILL, ONT.

Metro Online Poll Results

70% SAID HELP

Do celebrities help or hurt the causes they support?

Weigh in on today's question at metronews.ca

30% SAID HURT

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Quarterback Kurt Warner is staying with the Arizona Cardinals, agreeing to a two-year, \$23-million US contract yesterday. Warner had made a highly-publicized free agent visit to division rival San Francisco earlier in the week. **METRO NEWS SERVICES**

Sports



Manny finally comes to terms

Free agent outfielder Manny Ramirez, his agent Scott Boras, and the Los Angeles Dodgers reached a preliminary agreement on a two-year, \$45-million US contract yesterday. The deal is contingent on Ramirez passing a physical. In last year's National League playoffs, he batted .520 with four homers, 10 RBIs, nine runs and 11 walks in eight games.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Trade deadline day feels the pinch

Based on the number of impact moves, it was more a trade "dudline" than a deadline yesterday, but when the dust settled from the NHL's annual player swap, several Canadian teams came out as both winners and shakers.

Throw the winner mantle to the Calgary Flames, who bolstered themselves by re-acquiring defenceman Jordan Leopold from Colorado and adding No. 1 centre Olli Jokinen from Phoenix; and credit the Leafs and the Senators for moving players they needed to move and thereby adding some zest to a deadline day that was the slowest since the lockout.

After an average of 25 trades and 43 players were moved in each of the last three seasons, yesterday's tally saw 22 deals and 45

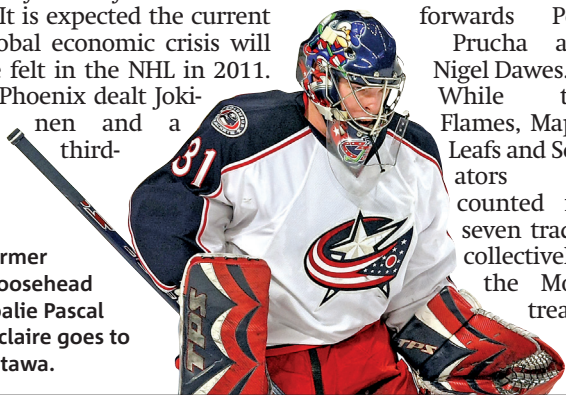
players moved. While those numbers are relatively close, much more was expected. But the overriding factor in the fall-off in moves clearly reflected concerns over the global economic crisis.

"I think everyone is scared to death of the 2010-11 season. I know I am," Toronto GM Brian Burke said yesterday.

It is expected the current global economic crisis will be felt in the NHL in 2011.

Phoenix dealt Jokinen and a third-

Former Moosehead goalie Pascal Leclaire goes to Ottawa.



"Everyone is scared to death of 2010-11."

Brian Burke

round pick to Calgary for centre Matthew Lombardi, winger Brandon Prust and a conditional first-round pick, and veteran defenceman Derek Morris to the New York Rangers for blue-liner

Dmitri Kalinin and forwards Petr Prucha and Nigel Dawes.

While the Flames, Maple Leafs and Senators accounted for seven trades collectively, the Montreal

Canadiens took the brunt of critical review in Canada by remaining silent. A recent slide down the playoff ladder and some off-ice controversies heightened the expectation that GM Bob Gainey would make some moves to alter the course of his team.

Jokinen was considered the top player on the move yesterday. Others included Morris and longtime Leaf Nik Antropov (both acquired by the Rangers); and Bill Guerin (from the Islanders to Pittsburgh).

Ottawa GM Brian Murray said it was "tough" to move Antoine Vermette, but it helped address a greater need by acquiring a young goalie in 26-year-old Pascal Leclaire with certain No. 1 potential.

TORSTAR NEWS SERVICE

NHL trade deadline moves of note

- The Pittsburgh Penguins added forward Bill Guerin from the New York Islanders for a conditional draft pick.
- The Coyotes sent Derek Morris to the Rangers for fellow defenceman Dmitri Kalinin and forwards Petr Prucha and Nigel Dawes.
- The Calgary Flames acquired Olli Jokinen and a third-round pick from the Phoenix Coyotes in exchange for Matthew Lombardi, Brandon Prust and a conditional first-round pick.
- The Boston Bruins acquired forward Mark Recchi and defenceman Steve Montador.
- The Buffalo Sabres acquired goaltender Mikael Tellqvist from the Phoenix Coyotes in exchange for a fourth-round

draft pick. The Sabres also resigned Tim Connolly.

• The Ottawa Senators acquired goalie Pascal Leclaire and a second-round draft pick from the Columbus Blue Jackets for centre Antoine Vermette.

• The Los Angeles Kings traded Patrick O'Sullivan to the Hurricanes, who turned around and sent O'Sullivan and a draft pick to the Edmonton Oilers for Erik Cole.

• The Maple Leafs sent forward Nik Antropov to the New York Rangers for a second-round draft pick and a future conditional pick, and Dominic Moore to Buffalo for a second-round draft pick.

TORSTAR NEWS SERVICE



Jokinen



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Tigers get all-star nods

Dalhousie Tigers forwards Jocelyn LeBlanc and Kim Carcary were named second-team Atlantic University Sport women's hockey all-stars yesterday. Leblanc had an AUS-high 21 goals while Carcary, Dal's all-time leading scorer, had 29 points. **METRO HALIFAX**

Halifax's Upshaw named MVP amid X-Men turmoil

MATTHEW WUEST
matthew.wuest@metronews.ca

After a week of turmoil, Christian Upshaw gave the St. Francis Xavier X-Men a reason to smile yesterday.

The Halifax native and third-year X-Men point guard was named Atlantic University Sport MVP on the eve of the Final 6 basketball championship at the Metro Centre.

It was some much-needed good news for the X-Men after three players landed in legal trouble on Monday.

Upshaw, who finished fifth in AUS scoring with 19.1 points per game, enjoyed a breakthrough season. He drained 46 three-pointers in 19 games, improving his shooting percentage beyond the arc from .288 as a sophomore to a deadly .479.

Never known as a long-range bomber, Upshaw said he spent the past few seasons in the gym hitting between 400 to 500 shots a day — and that's outside of X-Men practices.

"I worked really, really hard at it and it paid off," said Upshaw, who was also fifth in assists (4.0 per game), sixth in steals (2.1) and 10th in field-goal percentage (.494).

"It helped me become more of a threat on the court, the fact that I can shoot the ball and still go to the hoop."

Upshaw's talents will be put to a stiff test at the Final 6 with all-star guard Tyler Richards on the sidelines. Richards and teammates Eamon Morrissy and William Donkoh were charged on Monday with

Final 6

All games played at the Metro Centre.

Today

Quarter-finals

• (4) Saint Mary's vs. (5) UPEI, 7 p.m.

• (3) Dalhousie vs. (6) Acadia, 9:15 p.m.

Friday

Semifinals

• (1) St. F.X. vs. Saint Mary's-UPEI winner, 7 p.m.

• (2) Cape Breton vs. Dalhousie-Acadia winner, 9:15 p.m.

Saturday

Championship

• Semifinal winners, 7:30 p.m.

assault causing bodily harm and ordered by St. F.X. administration to sit out the Final 6.

The five-foot-10 Upshaw, known for his remarkable athleticism, said the off-court problems are "not even a factor" and the X-Men "are just focused on winning" the Final 6.

"Just go out and do our thing," he said, noting tough defence and strong post play will be keys to success.

The X-Men have a bye to tomorrow's semifinals.

Upshaw and Richards have played basketball together since they were toddlers and have rarely been apart. They won two provincial high school titles with the St. Patrick's Irish and have played three seasons together with the X-Men.

Upshaw was in Grade 12 at St. Pat's the last time he played on a team without Richards. The X-Men's opponents may want to take note of what Upshaw accomplished.



Halifax native and third-year X-Men point guard Christian Upshaw was named Atlantic University Sport MVP. Upshaw averaged 19.1 points per game and shot .479 from beyond the arc.

"We actually won the provincial championship and I got MVP," Upshaw said. "Hopefully that's a good sign."

• Halifax's Casey Fox of the Acadia Axemen was named AUS rookie of the year ... Jim Charters of the Cape Breton Capers won

coach of the year for the third time ... Cape Breton's Phillip Nkrumah was named top defensive player.

Tigers looking to extend hot streak

BASKETBALL The Dalhousie Tigers are back on the map heading into the Atlantic University Sport Final 6.

The third-place Tigers are a contender for their first men's basketball crown since 1996 after finishing the season with four huge wins — one over the No. 1 St. Francis Xavier X-Men and two over the No. 4 Saint Mary's Huskies.

The up-and-down Tigers had lost five of seven games before the hot streak, but still managed 13 wins overall, the most since John Campbell was hired as head coach in 2002. They've posted wins over every team in the conference.

"It gives us a level of confidence going in, knowing that we put it together, that we've played well against teams we have to beat to win a championship," Campbell said. "The guys know that if they play well, they are contenders."

"We've ended the regular season on a high and hopefully we're able to translate that into (playoff success)."

Dal opens the Final 6 tonight at 9:15 p.m. at the Metro Centre against the sixth-seeded Acadia Axemen. The Huskies, 12-8, play the fifth-seeded P.E.I. Panthers at 7 p.m.

MATTHEW WUEST
/METRO HALIFAX

Sports in brief

QMJHL The Saint John Telegraph-Journal reported yesterday that the Lewiston Maineiacs are looking at the possibility of moving their QMJHL franchise to the Aitken Centre in Fredericton, N.B. The Maineiacs had initially planned to move to Boisbriand, Que., but that is unlikely due to territorial issues.

METRO NEWS SERVICES

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x-Saint John	31	27	4	66
x-P.E.I.	24	31	9	57
x-Bathurst	20	31	13	53
HALIFAX	17	38	6	40

x-clinched playoff spot

SATURDAY'S GAME
HALIFAX at Acadia-Bathurst, 7 p.m.

ATLANTIC CONFERENCE			
	W	L	PCT
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Vermont	9	6	.600
Halifax	9	7	.563
Montreal	3	8	.273
Quebec	3	11	.214

NHL
YESTERDAY'S RESULTS
Buffalo 5 Montreal 1
Detroit at Colorado

Sabres rattle Habs

NHL RESULT

Sabres 5 Canadiens 1

Derek Roy and Paul Gaus-tad each scored twice as the Buffalo Sabres routed the Montreal Canadiens, 5-1, at HSBC Arena in Buffalo, N.Y., last night.

Jaroslav Spacek added a goal and an assist for the Sabres, who snapped a three-game losing skid. Buffalo notched only its third win in its last eight contests.

Sabres goalie Patrick Lal-

ime was spectacular between the pipes, turning aside 38-of-39 shots in the win.

Thomas Vanek, the Sabres' leading scorer, returned to the lineup after missing the last nine games with a fractured jaw, which he suffered in a game against Ottawa on Feb. 7.

Vanek played 13:42 without registering a point. Buffalo was without starting netminder Ryan Miller for the fourth-straight game, as he is out indefinitely with a high ankle sprain. **METRO NEWS SERVICES**



Sabres goalie Patrick Lalime watches the puck after Canadiens forward Alex Kovalev gets tripped by Sabres defenceman Andrej Sekera in Buffalo, N.Y., last night. The Sabres won 5-1.

Metro Homes

Reno needs

Stanley-Bostitch has released a new line of pneumatic tools for your home renovation needs. Check Bostitch.com or your local hardware store for more info. METRO NEWS SERVICES



EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Do you know what's in your walls?

HomeScape

Sylvia Putz

metronews.ca/homescape

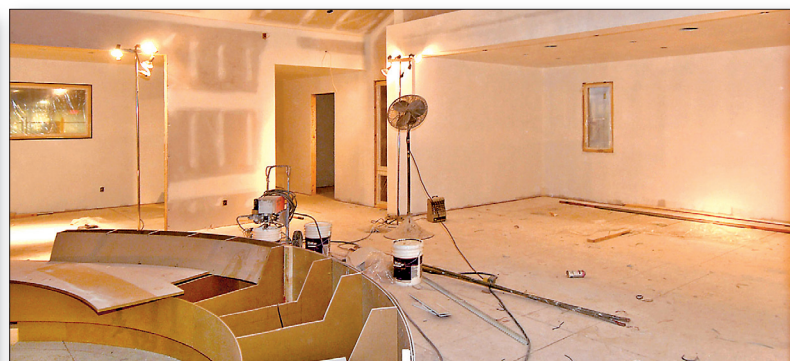
Have you ever had to uncover the precise location of a plumbing or electrical problem?

It's no fun, let me tell you. If it's a renovation or a new build, memory is not a terribly reliable method to locate the exact location of pipes or wires. To find the plumbing, electrical or other "in-the-wall" problem, you or someone you hire would have to perform "investigative work."

Unfortunately, what this often means is holes in your wall, and possibly, the partial or complete demolition of painstakingly applied finishes like paint, tiling, mouldings or built-in cabinetry. Not to mention the frustration associated with this kind of search.

You may be asking, well, what about referring to the architectural drawings? And this is a very good plan if the drawings include specific and updated plans of all your behind-the-walls items, such as plumbing, electrical work and heating, for instance.

However, reality is often less than ideal. If you have an older home, your plans may date from 1921, if you even have them anymore.



These photos show Multivista Construction Documentation's progression at the National Home Show in Toronto recently.

If you have a home that is new or renovated, you may know by now that the real world of home construction can be far less organized than you may have expected, despite everyone's good intentions.

Sometimes architectural plans are not specific enough with the wiring or plumbing. And homeowners do change their minds, goodness knows, and perhaps more than once. And finally, everything may not have been executed exactly as is indicated on the plan. There may have been some very good reasons to diverge from the plan — but everybody seems to have forgotten what they

You may have no way of knowing (what's in your wall) other than to break open the walls and take a look.

were or even what decision was eventually made. The bottom line is that at least some decisions will be made on the run, and these are often not documented.

You may have no way of knowing, other than to break open the walls and take a look.

While I was at the Toronto National Home Show recently, I spied something that made me wish I had been aware of this service a little earlier. Too late for

me, but for new renovators, what a fantastic way to document construction so that you view photos to search for the source of any problem rather than viewing broken drywall and ruined finishes.

Vancouver-based Multivista Construction Documentation (multivista.com) provides a service that systematically documents the construction process, including all the work in the walls, from the beginning until the

end. The photos, which are taken with inspection-grade digital photography that can be used for those invaluable zoom-in shots, are taken from key perspectives both externally and internally. They are indexed by time and location. With a password, the photos are available online during the construction process, and after the construction is complete, you will own a permanent record of your entire project plus a cute slideshow to boot.

Yes, it means extra bucks. Sean Fitzgibbons, one of the owners of the Ontario operation based in Toronto says the cost starts

from about \$1,500 for a 3,000 square foot house and a construction job with a length of six to eight months. But the initial cost could easily pay for itself when problems pop up, he says — and I can vouch for that. Reputable residential contractors have ample reason to include the cost of the service in their estimate, says Fitzgibbons. Or homeowners can ask for the service to be included as part of their reno project, a very smart move if you ask me.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



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Anna Olson lends a hand to Home Hardware's kitchen line

DECOR Home Hardware Stores Limited recently announced an exclusive retail partnership with Food Network host, professional chef and cook book author Anna Olson to bring top-quality kitchen products and solutions to Canadian consumers.

Home Hardware's partnership with Olson is designed to help its Dealer-Owners grow their share of the kitchen and entertaining category, through product awareness and helpful recommendations from a well-known profes-

sional chef. Olson will work with Home Hardware Dealers to ensure customers get expert advice within the convenient setting of their local Home Hardware store.

"Creating a warm and inviting kitchen is like building a home. Everyone has a vision of what they want, but most of us need advice to pull it together — which appliances to choose and how to care for them," said Olson. "That's why I am excited to partner with Home Hardware."

METRO NEWS SERVICES

Where the women are

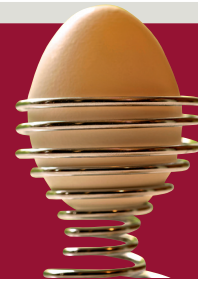
A recent study of 508 farmers' markets across Canada revealed that women shoppers outnumber men almost three to one. About 30 per cent of shoppers are aged 18 to 39. More than half of shoppers routinely visit the market unaccompanied. FARMERSMARKETSONTARIO.COM

11

Food

Eggs are a reasonably priced protein source. Canada's Food Guide to Healthy Eating recommends two eggs as a serving from the Meat and Alternatives Food Group.

BARB HOLLAND/FOR METRO CANADA

**What's inside**

One of nature's most nutritious foods, one large egg contains 75 calories, 5 g fat (of which only 1.5 g are saturated) and many essential vitamins and minerals.

BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Thinking outside the shell

À la carte**Barb Holland**metronews.ca/alacarte

Ever-so-versatile eggs patiently sit in your refrigerator waiting for their chance to shine. Combined with a few other ingredients, eggs make a satisfying midweek supper in short order. A frittata is an open-faced omelette, a traditional way to use up cooked (or fresh) vegetables, cheese, meat or other filling ingredients with, of course, eggs. Cooked in a skillet over direct heat until browned on the underside, it can be finished under the broiler to set and brown.

Potato and Ham Frittata

This easy-to-make dish is a speedy supper, especially if you happen to have some leftover cooked potatoes on hand. Cooked chicken or turkey can be tossed in (or not) in place of the ham — almost anything goes. Serve with a green salad and crusty whole grain bread. Makes 4 servings.

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- 1 onion, chopped
- 1 cup (250 ml) sliced mushrooms
- 1 cup (250 ml) cooked, diced potatoes (about 1 medium)
- 8 eggs
- pinch salt, dried thyme leaves and pepper
- 1/2 cup (125 ml) diced cooked ham, chicken or turkey, optional
- 1 cup (250 ml) shredded old Cheddar cheese, divided

METHOD:

In large nonstick skillet, heat oil over medium-high heat. Add onion and mushrooms and cook until lightly softened, 2 to 3 minutes. Add potatoes; cook 1 to 2 minutes.

In a bowl, beat eggs with salt, thyme and pepper; stir in ham, if using, and half the cheese. Add to skillet; reduce heat to medium and cook, stirring gently for about 30 seconds, lifting edges with heatproof spatula to allow uncooked egg to flow underneath. Cook without stirring until bottom is golden and top is almost set, about 5 minutes.

Sprinkle with remaining cheese. Cover skillet to let



Cooked chicken or turkey can be tossed into your frittata in place of the ham, and feel free to throw in your favourite vegetables — almost anything goes.

cheese melt. Alternately, if skillet handle is heatproof, place skillet under broiler until frittata is set and cheese melts. (If skillet handle is not ovenproof, wrap in foil.) Cut into

wedges to serve.

Tip: If you don't have cooked potatoes, scrub a medium sized potato, pierce well and microwave at high until almost cooked, 2 to 3 minutes.

Cool slightly, then dice (leave skin on for added fibre).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets**Peter Rockwell**metronews.ca/liquidassets**Old friends**

Whoever coined the phrase "the past is the past" never envisioned Facebook. While hearing from old high school chums and former flames may not appeal to everybody, my Facebook experience has been a hoot — especially when friends post long forgotten images of us from back in the day.

I've been particularly interested in what we were drinking in some of those shots. Many of the wines we used to buy religiously 25 years ago are still around, so I thought I'd see how a couple of them have aged.

In the '80s Hungary's Szekszárdi Vörös (\$9.80 - \$12.05) was a tannic gut wrencher. Made with the local Kékfrankos grape the current 2007 vintage (still sold by the litre) is now light and juicy with a touch of spice that makes it a fine pizza/pasta red.

Fancy drinking at the time meant Mouton Cadet Rouge (\$13.94 - \$17.96). Recently reinvented, the 2006 on shelf now is a softer, fruitier interpretation that lets it go cork-to-cork with Aussie and South America wines. If you're looking for a food-friendly introduction to red Bordeaux, this is still it.

Now if I could just live down my former A Flock of Seagulls hairdo.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words; liquidassets@eastlink.ca.

Riding the Recession

Meals for a steal

Spartan Restaurant
6403 Quinpool Rd.
Halifax, NS, B3L 1A7
429-6858

There are a number of mom-and-pop joints along Quinpool Road, but what sets the Spartan apart is the family atmosphere among the customers — who all seem to know each other and keep coming back.

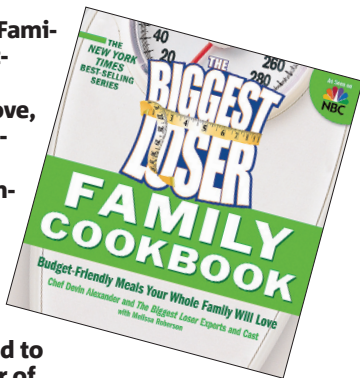
The secret? The generous breakfast special — eggs, toast, potatoes, and meat — for \$4.50 per person. It's a filling meal, and served until mid-afternoon.

Tighten the belt in more ways than one

In The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love, New York Times best-selling author Devin Alexander shows families that eating on a budget can be easy, nutritious, and delicious with more than 125 recipes specifically developed to satisfy every member of the family.

In addition to an overview of the Biggest Loser eating plan and chef Alexander's recipes, readers will find helpful cooking and cost-saving tips from favourite Biggest Loser contestants and online club members.

Metro nabbed this breakfast treat from the book:

**Apple Turnover Breakfast Sundae**

The contestants are always seeking on-the-go options for breakfast. This is a great one if you pack it in a small resealable plastic container to throw in your cooler bag along with a spoon — it's an easy treat to enjoy after your morning workout or to send to school with the



Apple Turnover Breakfast Sundae

kids. This recipe makes 1 serving.

INGREDIENTS:

- 1/2 cup (175 ml) fat-free, sugar-free apple turnover-flavoured or other apple-flavoured yogurt
- 2 tbsp (30 ml) crunchy, high-fiber, low-sugar cereal (such as Grape-Nuts)
- 1/3 cup chopped apple (about 1/2 small apple)

- Pinch of ground cinnamon
- 1-1/2 teaspoons raisins (optional)

METHOD:

Spoon the yogurt into a small, deep bowl. Sprinkle the cereal over the yogurt, followed by the apple. Top with the cinnamon and then the raisins, if using, and serve.

OPI recently launched its newly designed website (at opi.com), featuring the latest OPI products for nails, hands, feet, and skin. It also includes a Try-It-On Studio that allows you to see how OPI Nail Lacquer shades look on your skin tone. **METRO NEWS SERVICES**

Style



Making runway history...

Good news for those who admired the winning spring dress in Tuesday night's episode of Project Runway: you can now purchase it. The bold shoulder, jersey knit, asymmetrical design by Jessica Biffi is now available at Winners stores for \$99.99 in sizes four to 14. The original was green, but it is also available in lavender, coral and black as well. In Halifax, the dress can be purchased at the Halifax Shopping Centre.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Translating fall trends

KENYA HUNT
Metro World News



While at some moments the endless stream of furs or sexed-up dresses seemed repetitive, Milan Fashion Week was an inspired mix of creatively upbeat clothing from futuristic silhouettes to old school glamorous dresses.

Some of history's most iconic fashion has come

out of depressing times. And this season, Milan did not disappoint. Credit crunch or not, it's exciting to see fashion that makes you want to get dressed up again. Now if the economy would just bounce back so that we can all afford it. We recount the week's trends and explore how they will translate to life off the runway. (On a scale of 0, for magazines only, to 5, for wear it everyday).

The trend: Glamour girls

Rhinestones, luxe fabrics, bold prints and feminine hour-glass silhouettes are just a few of the elements that dominated this trend.

The designers: Sportmax, Byblos, Giorgio Armani, Versace, Alberta Ferretti, Moschino, Aquilano.Rimondi, Marni, Krizia

Runway to real life rating: 4. Break out the red lipstick and high heels and book an appointment at the hair salon. This is not a low-maintenance look.

The trend: Easy and wearable, yet chic

If there's one major complaint of the week, it's that too many collections neglected the everyday wardrobe needs that we all have. Sometimes a woman just wants a great, comfy sweater, an easy but chic pair of trousers, or a skirt that she doesn't have to suck her stomach in to wear.

The designers: Burberry Prorsum, DSquared2, Prada, Max Mara, Missoni

Runway to real life rating: 5. Prada's beautifully constructed suits, Burberry

Prorsum's swinging skirts and Max Mara's wearable separates make great investments for the office (or the job interview.) Missoni's layered knits, meanwhile, are the ultimate daytime wear.

The trend: Sex goddess

Home to the house of Versace and Cavalli, Milan is the master of this concept. So its no surprise that the idea's comeback for fall would happen here. The biggest component of the sex goddess look: the thigh-high stiletto.

The designers: Roberto Cavalli, Blumarine, Versace, Gucci.

Runway to real life rating: 3. Expect to get extra hoots and whistles on the street.

Milan Fashion Week's "glamour girls" and "wearable/chic" trends are easily translated looks for everyday.

Right: Max Mara fall/winter 2009/2010 collection.
Below: Sportmax collection.



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ONLY 3 EXHIBITOR BOOTHS REMAINING

Canadian Bachelorette

The Bachelor's third-place finisher — and a Canadian — Jillian Harris has been selected to star as the newest Bachelorette when the spin-off of the now controversy-mired reality show kicks off its fifth season this summer. [EONLINE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

U2 lays it on the line

Neko Case

Album: Middle Cyclone

Label: Anti-/Epitaph

Rating: ●●●●●

THE ONLY PROBLEM

with Neko Case is that she doesn't release solo material fast enough. We can expect something new from her about every three years — that doesn't cut it for someone this good. Middle Cyclone is another stellar release from the alt-country artist, who also sings with The New Pornographers. It's loaded with infectious twang, crazy piano tracks (she recorded multiple piano parts on some tunes) and great guest spots from her Porno bandmates and members of Los Lobos and Calexico. With lyrics about animals, nature and tornadoes, this could be the first great summer album of the year.

Bryan Borzykowski/for Metro Canada

The Prodigy

Album: Invaders Must Die

Label: Take Me To The Hospital/Cooking Vinyl

Rating: ●●●●●

SCIENCE FICTION

techno rock from England that's sure to provoke riots on the dance floor. Music doesn't get more direct, or the message any clearer, than this. Liam Howlett pushes mosh pit music to the max. And, amazingly, none of the songs seem to be designed to hurt anyone or anything, except, maybe ... fictional space invaders, bad horror movie scripts, sophomore notions of revolution, eight-track Iron Butterfly tapes, fish with sharp teeth and ear drums. The keyboard run on Colours sparks fond memories of the Stranglers' Rats Rally. There's even a tip of the hat to Manfred Mann on Stand Up. Fire up the strobes, blow out your sub-woofers and have a good time.

Graham Rockingham/for Metro Canada

U2

Album: No Line On The Horizon

Label: Island/Universal

Rating: ●●●●½

U2 HAS HAD

such an impact on music over the past 25 years that it's now difficult to distinguish its sound from that claimed by the many bands who have followed in its footsteps. The soaring vocals, anthemic themes, patterned guitars, layered atmospherics and searching spirituality have become commonplace. But the Irish foursome prove on their 11th studio effort that creativity still exists in middle age. They often

MusicReviews

music@metronews.ca

find it by looking backward to their R&B, gospel and classic rock roots. You can hear it in the riffs of Stand Up Comedy and the fuzzed drive of Get On Your Boots. Those searching for a higher power will find it in Bono's over-the-top delivery of the obvious. ("God is love," Bono howls in Stand Up Comedy). His angst is everywhere here, rising like steam above the sonic stew cooked up by co-producers Daniel Lanois and Brian Eno. And it's not an easy angst to share. It's over-blown, for sure, but we've come to expect that.

Graham Rockingham/for Metro Canada

Chris Isaak

Album: Mr. Lucky

Label: Wicked Game/Reprise

Rating: ●●●●

CHRIS ISAAK

is lucky to have a voice as big as the late Roy Orbison. And we're lucky that Isaak hasn't forgotten how to use it during his seven year recording absence. Isaak will never be able to match the success he scored early on with his haunting masterpiece, Wicked Game (although he comes close on single, We Let Her Down). And he'll never be able to shake the comparison's to the Big O. But why should he? There's very few alive today that



Puppy love

Oprah Winfrey has a new puppy. The talk show host and her longtime beau, Stedman Graham, adopted an eight-week-old cocker spaniel on Sunday. [USMAGAZINE.COM](#)



No Line On The Horizon is the new album from U2.

can match the incredible vocal range Isaak demonstrates on You Don't Cry Like I Do. Just to keep things interesting, Isaak tosses in a couple of heart-melting duets with Trisha Yearwood and Michelle Branch. Among the 14 original tracks, there's unquestionably some lightweight stuff. But even the three or four weaker tracks stand up well compared to the

overproduced pablum that Nashville far too often serves up as country rock.

Graham Rockingham/for Metro Canada

On the web

There's more online at [metronews.ca/music](#):

- review of the new album by Shout Out Out Out Out
- Links to this week's reviewed music

critics' corner

Toscanini: In His Own Words

Fifty years after the death of Arturo Toscanini, his family gave biographer Harvey Sachs access to dozens of hours of taped conversations he had with friends, relatives and colleagues. The result is this new documentary filled with interesting insights into the personality of the acclaimed and very private conductor. 10 PM on BRAVO



Baseball

MLB team officials begin holding their breath this week, hoping well-compensated pros such as Derek Jeter, Vernon Wells and Ichiro manage to avoid injury while representing their respective countries in the second World Baseball Classic. Rogers Sportnet will broadcast 39 games of the tournament that runs through March 23. 3 PM on RSE

Doc Zone

Could an earthquake like the one that caused the 2004 tsunami happen here? According to the new two-hour documentary "Shock Wave," it's not a question of "if" but "when." Geologists and oceanographers weigh in with the disturbing prediction that residents of North America's West Coast need to be prepared for a megaquake and resulting killer waves. 8 PM on CBC

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/5/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty (N)	Grey's Anatomy		Practice
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Wife Swap (N)	Private Practice		Eleventh Hour
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Shock Wave" (N)			CBC News: The National		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (HDTV) (SC)		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.		Eleventh Hour
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Histoires-filles	Star Académie:	La Classe de 5e (HDTV) (SC)	Taxi 0-22 (SC)	Caméra café	TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	Life "Jackpot" (HDTV)	Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News (N)
	9	9	9	CJCH	etalk	Hollywood	ER "What We Do" (N)	American Idol		CSI: Crime Scene Invstgtn.		News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol	Hell's Kitchen (PA) (N)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour		CBC News: The National	Geo. Journey
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	March of the Penguins *** (2005, Documentary)					Center of the World: Hyannis
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Discovering Secrets of the Vatican				Priests at Armagh Cathedral
	68	68	68	TQS	(6:30) Le Retour (SC)	Grande fille	Un monde bête	L'héritage de la passion ** (2005, Docudrame)				110 pour cent
	23	96	96	BNB	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight		Campbell Brown: No Bias			Larry King Live	Cooper 360
	54	54	54	GOLF	Golf Central	Haney Project	Tour Clinic	Tour Clinic	Haney Project	PGA Tour Golf Honda Classic -- First Round. (HDTV)		
	52	52	52	RSE	Sportsnet Con.	World Sport	Overtime	NHL Hockey Edmonton Oilers at Ottawa Senators. (Live)				Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Poker 888.com UK Open.		NBA Basketball Dallas Mavericks at New Orleans Hornets. (Live)			
news	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Bullrun (HDTV)	Bullrun (N)
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Interruption	World Extreme Cagefighting (HDTV)			SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Batman Returns (1992)
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life	Falcon Beach
	16	16	16	A&E	The First 48 "Torched"		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)	The Beast (N)
	70	70	70	APTN	News	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	Top Gun *** (1986, Adventure) Tom Cruise.		
	50	50	50	BET	106 & Park: BET's Top 10 Live Top	10 countdown. (Live)		Rip the Runway '09		Harlem Heights	Harlem Heights	The Game
	37	37	37	BRVO	Street Legal	Camera	Snapshot	Bathroom Divas-Opera Star		Toscanini: In His Own Words (N)		
family	25	25	25	CMT	The Road Hammers: Live	Our Song	Flashback	Home Improve.		Reba	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Aggro Psychology.	Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)		Journey to the Edge of the Universe			MythBusters
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY
	46	46	46	HIST	Go Deep In Istanbul.		NCIS "Bete Noir"		Lost Worlds		Go Deep In Istanbul.	NCIS
	17	17	17	MM	Gone Wild	Gone Wild	Paris Hilton's My New BFF		America's Best Dance Crew		America's Best Dance Crew	disBand
	19	19	19	MMM	MusicProfile	mmmtop10.com	Back In		Enrique Iglesias-Belfast		RuPaul's Drag Race	RuPaul's Drag
	201	201	201	M1	(6:20) Joy Division		(8:05) The Visitor *** (2007, Drama)	Hiam Abbass		Chapter 27 ** (2007, Drama)		
	48	23	23	OLN	American Gladiators		Dog the Bounty Hunter		Survivorman		Mantracker	Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	Friends	Friends	Friends	Friends	Monster in
	206	206	206	PIX	(6:15) Frantic *** (1988, Suspense)		(8:20) The Naked Spur (1953, Western)				Bad Boys *** (1995, Action)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park
	40	40	40	SLICE	X-Weighted		Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10
	47	47	47	SPACE	Stargate SG-1		Watchmen	The Circuit	Chuck (HDTV)		Star Trek: Voyager	Chuck
	14	14	14	SPIKE	CSI: NY "Past Imperfect"		CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV)		TNA IMPACT! (HDTV) (N)	
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		etalk	etalk	Off the Leash	Tonight Show
	21	21	21	TLC	What Not to Wear		Sports Disasters (HDTV)		Overhaulin' 1965 Buick.		Street Customs (N)	Heil-Loggers
	56	34	34	TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Raymond	Family Guy
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	Destinations	Fourchette	Club social		Envoyé spécial	
	28	28	28	V	Mysterious Island		Murder, She Wrote		Wait for God	'Allo, 'Allo!	The Muppets Take Manhattan (1984)	
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Commander In Chief		The West Wing	Passion
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
	251	251	251	WGN	MLB Preseason Baseball		Evening News	Family Guy	Smallville "Legion"		Supernatural (HDTV)	WGN News



Lilly hopes for Milli Vanilli's return
 Evangeline Lilly is praying for a Milli Vanilli comeback — even though one of the duo is dead, femalefirst.co.uk reports. The actress was a huge fan of the 1980s pop act, who were disgraced in a lip-synching controversy. **METRO NEWS SERVICES**

Celebrity Buzz

Carrie on, Senator

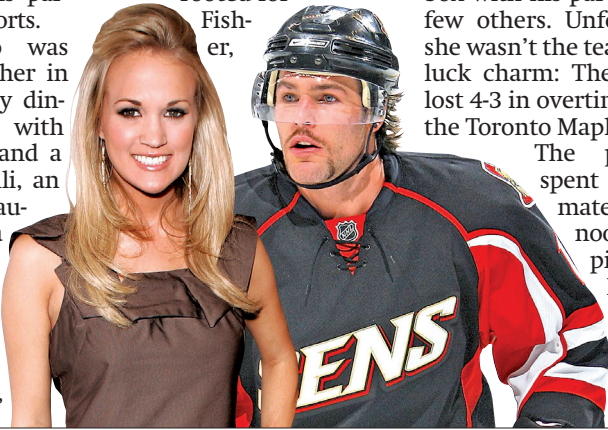
COUPLE Things are getting serious between Carrie Underwood and her boyfriend, Ottawa Senators hockey player Mike Fisher. The singer is already spending quality time with his parents, people.com reports.

Underwood, who was first linked with Fisher in January, spent a cosy dinner Saturday night with Fisher, his parents, and a few friends at Fratelli, an upscale Italian restaurant in the Kanata section of Ottawa, shortly after the country singer cheered on Fisher at his hockey game.

During the dinner,

the couple "seemed incredibly happy. They seem made for each other," says a source.

The dinner took place shortly after Underwood rooted for Fisher.



METRO NEWS SERVICES

the Senators' centre, from a private VIP box at the Scotiabank Centre. Underwood, who first publicly cheered on Fisher last month, shared the luxury box with his parents and a few others. Unfortunately she wasn't the team's good-luck charm: The Senators lost 4-3 in overtime against the Toronto Maple Leafs.

The pair also spent an intimate afternoon shopping at the Rideau Centre.

Miley reveals she was bullied

BOOK Miley Cyrus' school days were "friendless, lonely and miserable," femalefirst.co.uk reports.

The Hannah Montana star was bullied so badly when she was being edu-

cated in Tennessee she believed she would be physically harmed.

Writing in her new book Miley Cyrus:



Miles To Go, she revealed: "The girls took it beyond normal bullying. These were big, tough girls. ... They were fully capable of doing me bodily harm."

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Bachelor twist no fix: Creator

SHOW ABC's reality series The Bachelor has had its share of surprising endings, but Jason Mesnick's on-camera breakup with fiancée Melissa Rycroft and subsequent reunion with runner-up Molly Malaney has been by far the most shocking. But online rumours persist, with some wondering if the show's outcome was fixed, people.com reports.

As Bachelor creator Mike Fleiss tells People, "That's patently untrue. It was (Jason's) choice in New Zealand who he proposed to." But after the show wrapped, Fleiss says, "He was not in love with Melissa any-

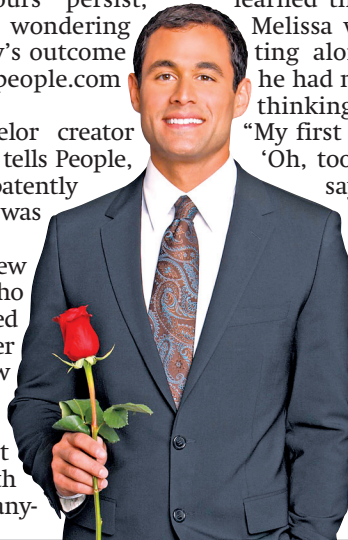
more and he was in love with Molly and he needed to make a change."

In fact, no one saw this coming, says Fleiss, who upon returning to the States "was in the process of trying to talk Molly into being the Bachelorette."

A week later, Fleiss learned that Jason and Melissa were not getting along, and that he had never stopped thinking about Molly. "My first thought was, 'Oh, too bad,'" Fleiss says.

"My next thought was, 'Wow, that's almost too good!' I knew that was a remarkable twist."

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J-Lo 'pockets' jewels worth \$50,000

DIAMONDS Jennifer Lopez recently borrowed \$50,000 worth of diamonds from Robert Mouawad to wear at an event last week—and she doesn't plan on giving them back. "We received a call from (her manager) Benny Medina, informing us that Jennifer was going to keep the jewelry," a source told Page Six. But according to the source, for Mouawad — a Swiss billionaire — it's no big deal. "He will lose no sleep over \$50,000, and frankly, Jennifer's endorsement is priceless."

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Usher apologizes for Brown comment

STATEMENT Usher has apologized for saying that Chris Brown should "have a little remorse" after the 19-year-old singer — who allegedly assaulted girlfriend Rihanna — was photographed jet skiing in Miami last weekend.

In a video for Jermaine Dupri's Living the Life series, Usher says he is "a little disappointed" after seeing the shots of Brown vacationing. "Have a little bit of remorse, man," he is overheard saying.

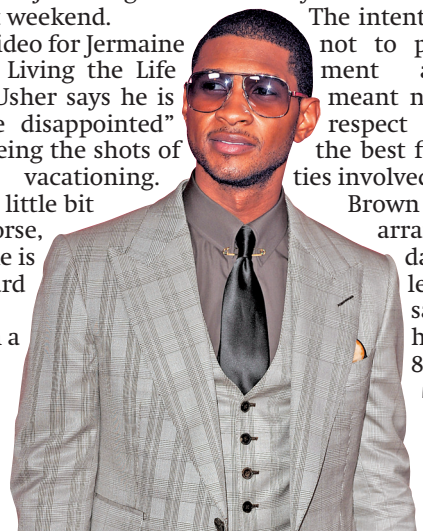
But in a statement late Tuesday, Usher

says: "The comments made during a recent recording session amongst friends were taken out of context and blown out of proportion. I apologize on behalf of myself and my friends if anyone was offended."

The intentions were not to pass judgment and we meant no harm. I respect and wish the best for all parties involved."

Brown is to be arraigned today for allegedly assaulting Rihanna Feb. 8 in L.A.

METRO NEWS SERVICES



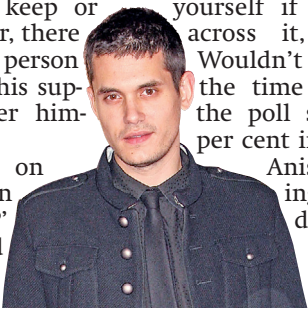
Mayer votes for ... Mayer

TWITTER In the big debate of whether or not Jennifer Aniston should keep or dump John Mayer, there is at least one person willing to voice his support: John Mayer himself.

"I just voted on People's 'Is John Mayer a Keeper?' poll — I clicked 'love him,'" the musician re-

vealed on his Twitter page. "Be honest, you'd vote for yourself if you came across it, as well. Wouldn't you?" At the time he voted, the poll showed 63 per cent in favour of Aniston showing him the door.

METRO NEWS SERVICES



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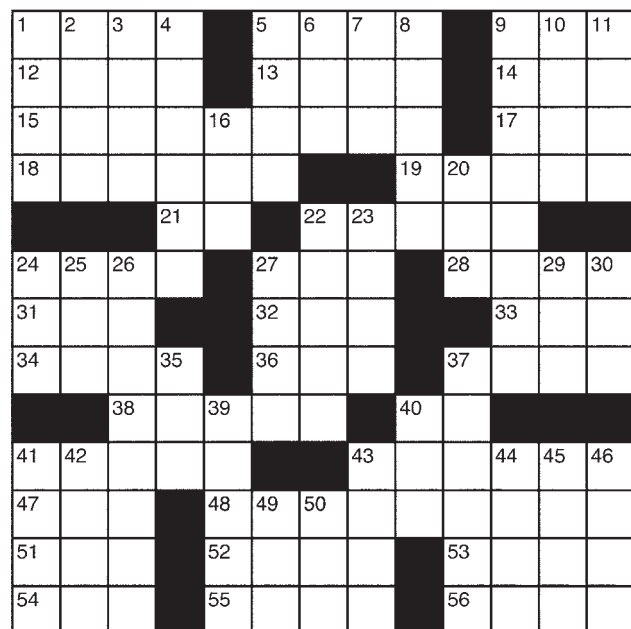
NORTH AMERICA'S RAILROAD



TWN incorporates MSC data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



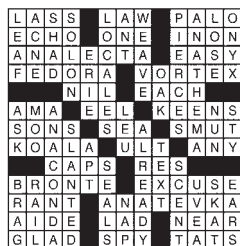
Crossword across

- 1 Typeface choice
5 Quest
9 Witty one
12 Open a crack
13 Terrible guy?
14 Rd.
15 Plumbers' job?
17 X rating?
18 Stages a protest, of a sort
19 On the qui vive
21 "And I should care ... why?"
22 "Napoleon Dynamite" star
24 Sore
27 Distant
28 As well
31 As well
32 Submachine gun
33 "— Town"
34 November responsibility
36 Fellows
37 Failure
38 Cardiff's country
40 "Goodness gracious!"
41 Extra
43 Tea variety
47 Table scrap
48 Johnson opponent
51 Anonymous John
52 Very enthusiastic
53 Telegram
54 Springtime mo.
55 Colleen
56 Garbage barge

Crossword down

- 1 Cry like a baby
2 California community
3 Tardy
4 Stylish
5 Billboard
6 Mendes or Longoria
7 Pack away
8 Massage
9 ABBA hit
10 State with certainty
11 Fellow
16 Carnival city
20 Grazing area
22 Mists
23 Ms. Brockovich
24 Off-roader (Abbr.)
25 Bill's partner
26 Trouble
27 Sulk angrily
29 Bottom line
30 Sceptre ornament
35 Listening device
37 Local ordinances
39 Constitutional
40 Take blades to blades
41 Pop
42 Item on stage
43 Probability
44 Related to 35-Down
45 Pianist Peter
46 Got bigger
49 Eggs
50 Fleur-de —

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	2	3	1	8	6	4	9	7
8	6	7	9	4	5	1	2	3
9	4	1	2	3	7	5	6	8
7	9	5	3	1	2	8	4	6
4	1	6	8	5	9	3	7	2
3	8	2	6	7	4	9	1	5
6	5	9	4	2	3	7	8	1
1	7	4	5	6	8	2	3	9
2	3	8	7	9	1	6	5	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

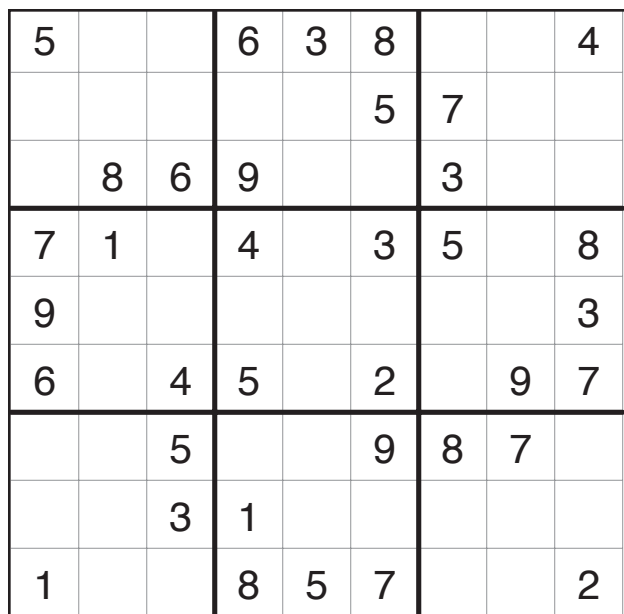
Under 13 min Genius
13-17 min Scholar

17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Meat Loaf

INGREDIENTS:

1 tbsp (15 ml) canola oil
2 large onions, peeled and chopped
2 large celery stalks, chopped
1 large green pepper, seeded and chopped
3 garlic cloves, crushed
2 lbs (1 kg) lean ground beef
1 cup (250 ml) fresh bread-crumbs (white or whole wheat)
1 egg, lightly beaten
salt and freshly ground black pepper
1 cup (250 ml) canned chopped tomatoes
1/4 cup (50 ml) tomato sauce

METHOD:

1. Preheat oven to 350 F (180 C). Heat oil in a large, deep frying pan, add onions, celery, pepper and garlic and cook 5 minutes over moderate heat (until soft). Transfer vegetables to a large bowl.
2. Add beef, breadcrumbs and egg to vegetables. Season with salt and pepper

and knead until well combined.

3. Put tomatoes and tomato sauce into small bowl. Mix well. Add half to meat loaf mixture. Mix again.
4. Transfer meat loaf mixture to lightly-greased baking dish or roasting pan and shape to make loaf, measuring about 7 x 10 in. (18 x 25 cm), mounding slightly at centre. Use side of hand to make groove down length of meat loaf. Pour remaining tomato mixture into groove.
5. Bake for 1-1/4 hours, or until cooked through to centre. (If you have a meat thermometer, it should read 160 F/71 C when loaf is done.) Let stand 10 minutes before slicing and serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20



Someone has issues with telling the truth. An irrational guy disagrees with confusing words. Don't wait to go home after a melodrama takes place.

LIBRA

SEPT 23-OCT 23



A discovery changes your mind. Be alert to hidden meanings in messages. A man wants to get some hard work done.

TAURUS

APRIL 21-MAY 21



Someone's disrespect is hypocritical. An impulsive journey brings some career luck. Try not to isolate yourself at home.

SCORPIO

OCT 24-NOV 22



A repair problem requires your attention. A preacher is about to return. Take a walk in your personal safety zone.

GEMINI

MAY 22-JUNE 21



Money luck improves when an exceptional mentor arrives. Elders need extra care today. A belated message makes you happy.

SAGITTARIUS

NOV 23-DEC 21



Pay no attention to an inspection. Avoid a war of words with a scathing person. A former lover is spooked by a phone call.

CANCER

JUNE 22-JULY 22



A beloved man undergoes a passing fancy. Refusing to yield leads to a colleague's complaints. Pay attention to your work.

CAPRICORN

DEC 22-JAN 20



A persuasive person is ready to forgive. A romantic mystery clears up. A legal matter is shaded by the past.

LEO

JULY 23-AUG 23



An opportunity will come out of nowhere. Others are on your side because you inspire trust. Taking a certain pathway causes a problem.

AQUARIUS

JAN 21-FEB 18



A pedantic person aggravates you about a project. Your exceptional memory solidifies your reputation. Walk lightly around oversensitive elders.

VIRGO

AUG 24-SEPT 22



A remarkable brute will give you stories to tell. Don't lie to a discerning friend. An amusing friend has done a bad job.

PISCES

FEB 19-MARCH 20



A friend wants you to repay a good deed. Someone is glum about being teased. Don't be deceptive to a hurt friend.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. Grease a silver-hued cooking wrap (1)

2. Society newbie's spider creations (1)

3. Far from short album track (1)

4. "Dumb" athlete's boulders (1)

5. Mogadishu native's Tex-Mex treats (3)

6. Nail-pounding tool hue and cry (2)

7. Wild stab takers' hard-pushing persuaders (2)

8. Hammer clammer 7. Guessers Pressers

9. Smallish T-males 2. Debs Webs 3. Long Song 4. Jocks Rocks

1. Oil Pail 2. Debs Webs 3. Long Song 4. Jocks Rocks

5. Smallish T-males 2. Debs Webs 3. Long Song 4. Jocks Rocks

6. Nail-pounding tool hue and cry (2)

7. Wild stab takers' hard-pushing persuaders (2)

8. Hammer clammer 7. Guessers Pressers

9. Smallish T-males 2. Debs Webs 3. Long Song 4. Jocks Rocks

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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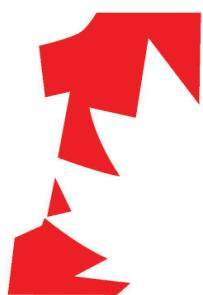


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